

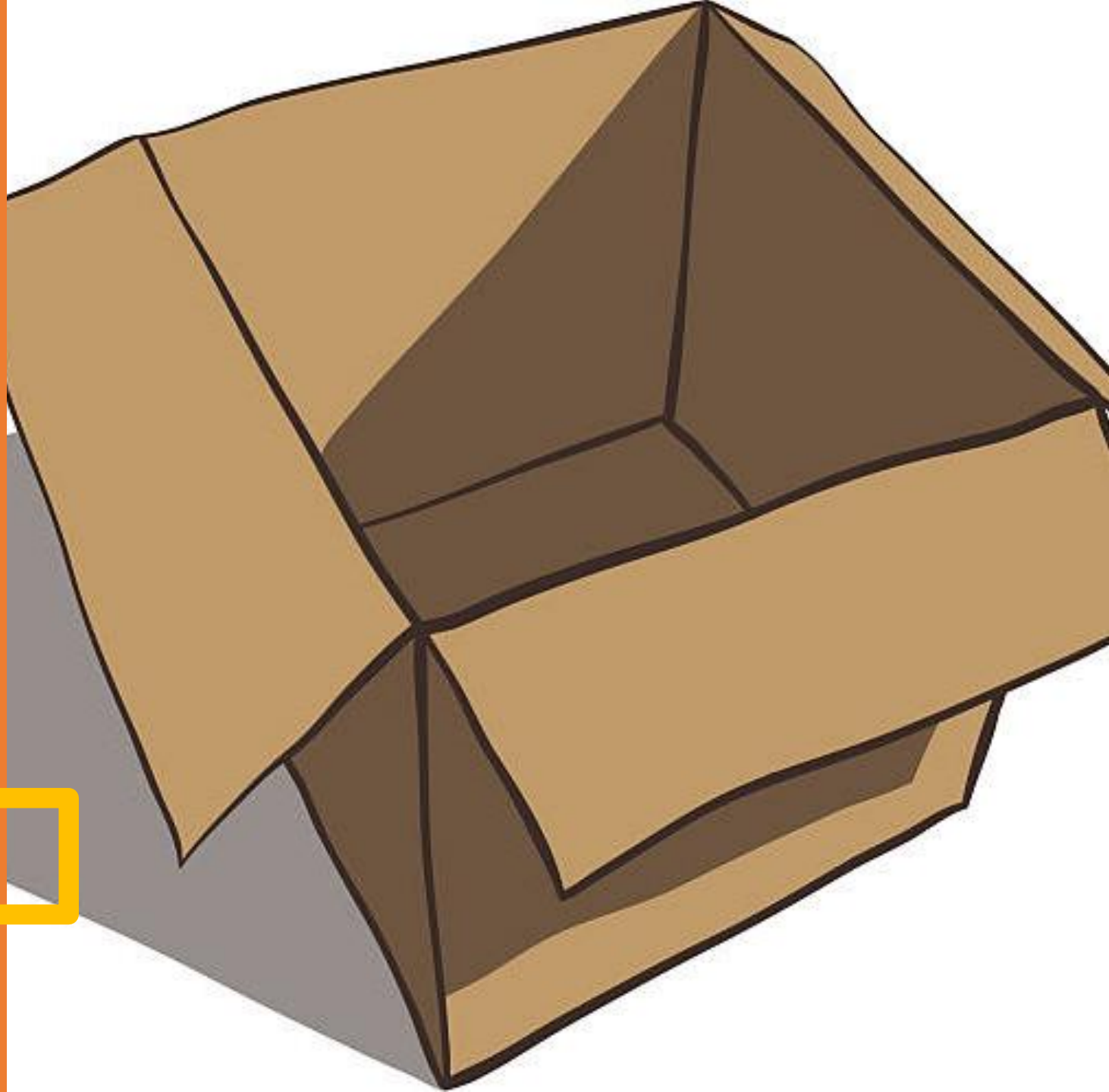
Instructions:

In school every day we will be completing an activity to do with our memory box and a wellbeing activity amongst our academic learning

Please feel free to engage with these activities at home with your families and share the resources with the wider community

The memory box activities will be released weekly after the first 2 weeks

Your Memory Box



Week 1 23.03.20	Activity: We will start every memory box session with 'circle time' check in on each other and ask how you are feeling today and a diary entry
Monday	<p>Introductory presentation (see accompanying Power Point)– circle time</p> <p>Write a letter to yourself or diary entry reflecting on current affairs and how you are feeling</p>
Tuesday	<p>Daily diary entry</p> <p>Decorate your memory box. You can use an old shoebox or anything you have around the house. Ideas for decorating: paint, crayons, newspaper or magazine clippings, tissue paper, scrap fabric, be creative!</p>
Wednesday	<p>Daily diary entry</p> <p>Create a family portrait – pets included! Create a representation of your family at this moment in time use pen, pencil, paint, felt tips or any other material you can find in the house</p>
Thursday	<p>Daily diary entry</p> <p>Thankful poetry and/or letter to a key worker. Think carefully about what you want to say you could include a picture or an inspirational quote</p>
Friday	<p>Daily diary entry</p> <p>Analyse a news article about Covid-19. Watch the video and read tips then choose an online article (or two) to analyse</p> <p>Mindfully engaging with the media – a note on fake news</p> <p>https://www.bbc.co.uk/news/av/stories-51974040/fake-news-and-how-to-spot-it</p> <p>Tips for success when reading news articles:</p> <ol style="list-style-type: none"> 1. Consider who has published the source – could they be biased are they impartial (balanced and treats all points of view equally) 2. Use a pen - mark new words, difficult phrases as you go through the article. Underline key ideas, Circle new words. 3. Review - Once done reading a set of articles, <i>now be very slow</i> and look up the difficult words/phrases and investigate their context. See which are the general ideas dominating the news. Research new ideas online to get more background. What do you think?

Week 2 30.03.20	Activity: We will start every memory box session with 'circle time' check in on each other and ask how you are feeling today and a diary entry
Monday	Daily diary entry Homemade boardgame – create a card game or board game that will keep you and your loved ones entertained https://www.instructables.com/id/Build-your-Own-Board-Game/ (this may take more than one session!)
Tuesday	Daily diary entry Observing Nature – go outside or look out of the window, write down or sketch what you see. What can you hear? What can you smell?
Wednesday	Daily diary entry Listography – create a list, drawing or diagram of everything that you have done since 23.03.20. What has changed in your daily routine? Do you like how some things have changed? What one piece of advice would you give to a friend?
Thursday	Daily diary entry Write a postcard to your teacher or family, thank them for everything they do for you and create a help card to post through your neighbours letter boxes – give them useful websites or offer to do their shopping if they are self-isolating (be careful to socially distance when delivering). Can you include pictures on your postcard/

Friday

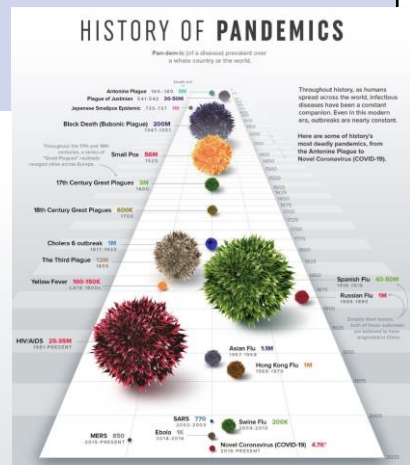
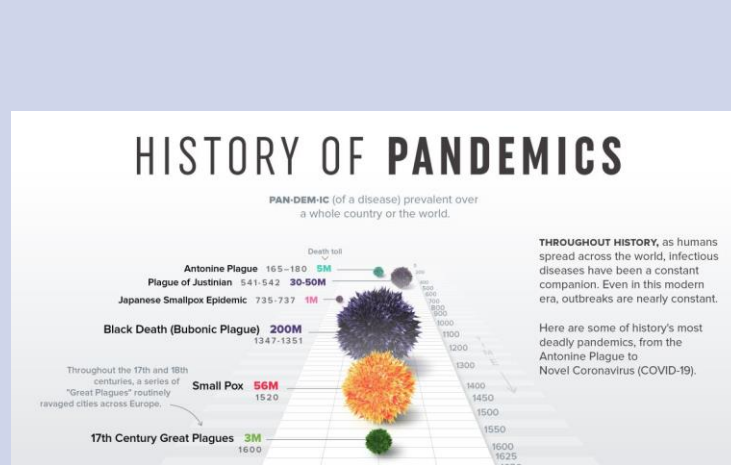
Daily diary entry

Pandemics through the ages mini research project

<https://spartacus-educational.com/USAEdisease.htm>

<https://www.history.com/topics/middle-ages/pandemics-timeline>

https://spartacus-educational.com/Black_Death.htm



Wellbeing activities



WHAT DO YOU DO TO **BE ACTIVE**?



WHAT DO YOU DO TO **KEEP LEARNING**?



WHAT DO YOU DO TO **CONNECT**?



WHAT DO YOU DO TO **TAKE NOTICE**?



WHAT DO YOU DO TO **CARE**?



WHAT DO YOU DO TO **GIVE**?

Day	Activity (students at school will be all completing the Jo Wicks daily PE lesson at 9:00am https://www.thebodycoach.com/blog/pe-with-joe-1254.html as well as one of the suggested daily activities for 60 minutes)
Monday	Sport Gardening- https://www.rhs.org.uk/Advice/Profile?pid=501 Help card making for the elderly and vulnerable in self-isolation
Tuesday	Music – sing along to your favourite song, or make a musical instrument. https://artscraftsymom.com/diy-make-and-play/ Baking - https://www.bbc.co.uk/food/recipes/shortbread_1290 or ready steady cook challenge: https://www.bbc.co.uk/food/programmes/m000g20l/recipes Sport
Wednesday	Reading – choose a book and read together or individually, light candle and dim the lights Zumba Dog walk
Thursday	Sign Language - https://www.lifewire.com/free-sign-language-classes-online-1357048 Yoga Sport
Friday	Gardening, plant bulbs or grow seeds https://www.rhs.org.uk/Advice/Profile?pid=501 Jog around the block or on the spot – put on some music! Meditation – headspace app, https://www.verywellfit.com/pranayama-yoga-breathing-exercises-356676



Sport ideas from home:

- Interval timer (app for circuits) - <https://www.hiit-timer.com/>
- Jo Wicks - <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>
- Yoga - <https://youtu.be/v7AYKMP6rOE>
- Davina McCall - <https://ownyourgoalsdavina.com/>
- Online ballet - <https://onlineballetclass.com/>
- Create your own disco - <https://www.radio.net/genre/disco>
- Cricket in the garden
- Zumba - <https://tone-and-tighten.com/10-of-the-best-free-zumba-full-length-video-workouts-plus-instructional-video.html>
- Just dance - <https://justdancenow.com/#>